



CHARLESTOWN 2026
WELL-BEING EXPO:
GOOD HEALTH IS NO GOOD
WITHOUT WELLNESS
Thursday, April 16, 2026
10:00 AM to 12:30 PM
Chesapeake
Fireplace/Lounge Area in
Cross Creek

CHARLESTOWN TEAMS EMBRACE WELL-BEING

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|---|--|
| □ Charlestown Cheers | → Information on how to join |
| □ Charlestown Dining and Dietician | → Healthy Snack – Prizes and Raffles |
| □ Communications | → Information on Services – Front Desk |
| □ Community Resources | → Information on CCI’s Vibrant Lifestyle |
| □ CC Admissions, Memory Care/Activities | → Information and Handouts |
| □ Custom Interiors | → Display of safety items for apartments |
| □ Dementia Caregivers Support Group | → Information about the Support Group |
| □ Erickson Advantage | → Staying Healthy – Healthy Snacks |
| □ Fitness Center | → Pump it up for Parkinson’s on NuStep |
| □ Home Care at CCI | → Interactive Stations for Healthy Lifestyle |
| □ Medical Center | → Display of Providers and Services |
| □ Parkinson’s Support Group | → Info. on Support Group & Rock Steady |
| □ Rehab (OT/PT/Speech) | → Information on Fall Prevention |
| □ Reiki – Clearing Chakras | → Nancy Amann |
| □ Resident Services | → Information about RS and Intermissions |
| □ Security/EMS | → Brochures and Handouts |
| □ Massage | → Joy Tyson |
| □ Pastoral Care | → Sister Eileen McKeever |
| □ Philanthropy | → Info. on Campaigns and Giving |
| □ VFW | → Information on how to join |

HEALTHY EATING DEMONSTRATION – PRESENTED BY DINING